



THE WALKING HOLIDAY COMPANY

ITINERARY

GWS7: 7 nights / 6 walking days

southern section

Arrival Day - at Knighton - overnight accommodation booked

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| Walk Day 1: Knighton to Short Ditch | 9 miles/15 km |
| Walk Day 2: Short Ditch to Llanbadarn Fynydd | 13.5 miles/22 km |
| Walk Day 3: Llanbadarn Fynydd to Abbeycwmhir | 8.5 miles/13km |
| Walk Day 4: Abbeycwmhir to Llanidloes | 15.5 miles/25km |
| Walk Day 5: Llanidloes to Dylife | 14.5 miles/21.5 km |
| Walk Day 6: Dylife to Machynlleth | 14.5 miles/23km |

Departure Day - Depart after breakfast